

Our menu is color coded to help you make informed choices:

●Green = Choose frequently ●Amber = Choose less often ●Red = Choose occasionally

# IRELAND CAFÉ

Fall and Winter Menu 2012



## High Performance Foods

- Premium fuel for the Soldier Athlete
  - Fresh and flavorful
  - Nutrient dense
- Go for **Green**: Choose frequently

## Moderate Performance Foods

- Higher in calories
- Lower in vitamins and minerals
- Use Caution: Select less frequently

## Performance Limiting Foods

- Highest in calories
- Lowest in vitamins and minerals
- May hinder performance
- Warning: Limit intake



	Monday	Tuesday	Wednesday	Thursday	Friday
Specialty Bar	Asian Bar	Fajita Bar	Pasta Bar	Taco Bar	
Daily Special	Pulled BBQ Chicken	Chicken Tenders	Buffalo Wings	Sloppy Joe	BBQ Wings
Soup	Chicken Noodle	Tomato Bisque	Italian Wedding	Chicken Tortilla	Minestrone
Soup	Broccoli Cheese	Baked Potato Chowder	Chicken Gumbo	French Onion	Chicken & Wild Rice
Wraps	Chicken Ranch	Hero	Club	St. Louis	Vegetarian
Sandwiches	Egg Salad	Turkey Rueben	Submarine	Louisiana	Submarine
Salads	Spinach Chicken Salad	Chef Salad	Chicken Caesar	Asian Salad	Cranberry Almond
Short Order	Hamburgers, Cheeseburgers, Hot Dogs, French Fries, Onion Rings (Tuesday and Thursday), Veggie Burger, Grilled Chicken Sandwich				
<b>WK 1- DEC 3-7</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
Entrée	Salisbury Steak	Tortilla Crusted Tilapia	Sauerbraten	Chicken Parmesan	Oven Fried Chicken
Entrée	Lemon Pepper Chicken	Chicken Pot Pie	Bratwurst & Sauerkraut	Beef Lasagna	Lemon Crusted Fish
Starch	Mashed Potatoes/Gravy	Roasted Potatoes	Noodles	Spaghetti Noodles w/ Marinara	Scalloped Potatoes
Starch	Rice Pilaf	Macaroni and Cheese	Potatoes O'Brien	Succotash	Wild Rice
Vegetable	Mixed Veggies	Southern Green Beans	Zucchini	Broccoli	Club Spinach
Vegetable	Baby Carrots	Normandy Blend	Cabbage	Baby Carrots	Squash
<b>WK 2- DEC 10-14</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
Entrée	Glazed Ham	BBQ Pulled Pork	Jerk Chicken Breast	Savory Baked Chicken	Beef Stew
Entrée	Roasted Turkey	Oven Fried Chicken	Cajun Red Beans and Sausage	Beef & Broccoli	Coconut Crusted Tilapia
Starch	Dressing	Baked Sweet Potatoes	Roasted Potatoes	Lo Mein	Macaroni & Cheese
Starch	Mashed Potatoes/Gravy	Corn on the Cob	Steamed Rice	Steamed Rice	Mashed Potatoes/Gravy
Vegetable	Green Beans Almandine	Squash Casserole	Greens	Chinese Cabbage	Broccoli
Vegetable	Baby Carrots	Broccoli	Okra & Tomatoes	Normandy Blend Veggies	Stewed Tomatoes
<b>WK 3-DEC 17-21</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
Entrée	Yankee Pot Roast	Oven Fried Chicken	Beef Yakisoba	Beef Tips & Gravy	Lemon Pepper Fish
Entrée	Breaded Catfish	Smothered Pork Chops	Roasted Pork Loin	Savory Baked Chicken	Pulled Pork
Starch	Mashed Potatoes/Gravy	Roasted Red Potatoes	Scalloped Potatoes	Egg Noodles	Wild Rice
Starch	Corn Casserole	Wild Rice	Peas & Mushrooms	Steamed Rice	Fried Corn
Vegetable	Baby Carrots	Southern Green Beans	Vegetable Medley	Green Bean Casserole	Squash & Zucchini Blend
Vegetable	Broccoli	Mixed Vegetables	Glazed Brussel Sprouts	Baby Carrots	Fried Cauliflower
Breakfast Served Daily	Cold Cereal, Oatmeal, Grits, Breakfast Burritos, Breakfast Sandwiches, Fruit, Pastries, Eggs, Omelets, Bacon, Sausage, Biscuits, Toast, Hash Browns, Yogurt Parfait, Cottage Cheese, Milk (1%, Skim, Chocolate), 100% Fruit Juice, Coffee, Tea				

Menu subject to change without notice due to product availability and inventory. We care about our customers! If you have concerns, please let us know at 624-9286.